**Practice with Incorporating Quoted Source Material into Your Sentences and Citing It Correctly**

**Hoffman, Jan. "Hitting the Snooze Button." *The New York Times Upfront*  146.13 (2014): 12-13. Print.**

*Directions: Merge each of the following quotations from the article with your own writing, and add a correct parenthetical citation.*

Researchers have known for some time that quality sleep directly affects learning.

They found that the later a school’s start time, the better off students were on measures like mental health, car crash rates, attendance, and, in some schools, grades and standardized test scores.

Nighttime use of technology like smartphones and iPads, which emit a blue light that tricks the brain into thinking it’s still daytime, further slows the release of melatonin.